

SPORTS SHORTS

Bowling tournament

The Pacific Air Forces Regional Supply Squadron hosts a no-tap bowling tournament June 3 at noon at the Hickam Bowling Center. The price is \$16 a person for five-person teams. The price includes buffet food, lane fees and shoe rental. For more information, contact Tech. Sgt. Christopher Adams at 449-7829.

Softball tournament

The 15th Medical Group is hosting an all forces softball tournament July 15-17. Active duty, Reserve, Guard, and dependents are welcome. Participants must be 18 years old and older and must have a valid military ID card. A maximum of 20 teams is allowed. The entry fee per team is \$150. For registration forms or to volunteer email Taliah. Martin@hickam.af.mil or Linda.Grunwald@hickam.af.mil.

Cosmic event

A new organization, the Airmen's Activity Program, sponsored by the Air Force Sergeants Association Chapter 1550, is hosting a cosmic bowling afternoon June 18. Active duty, Reserve, Guard and dependents are welcome to participate. A maximum of 30 four or five-person teams can sign up.

The cost of \$12.50 per player includes three games, shoe rental and an entry to win door prizes from the pro shop, AAFES and more. To sign up a team, email Airman Heather Doggett at heather.doggett@hickam.af.mil, or call Senior Airman Abiola Gomes at 449-7821. After duty hours, call Airman 1st Class Justin Herbert at 230-6172.

Rugby team

The Hawaii Harlequins Rugby Football Club is currently looking for players of all abilities and skill levels from beginners to experts. Rugby is a certified Air Force sport. Practices are twice a week and games are Saturdays. Check out the teams Web site at www.hawaiiharlequins.com or call Capt. Tim Taylor at 449-3552 for more information about joining.

Volunteers needed

The Hickam Blue Devil Wrestling Team is hosting a freestyle tournament June 11. The team needs volunteers to help with parking, scoring tables, timers, setting up brackets and awards ceremony.

For more information or to volunteer, contact Tech. Sgt. Andrew Leonhard at andrew.leonhard@hickam.af.mil or Capt. Tim Bunnell at timothy.bunnell@hickam.af.mil.

Summer tennis programs

The Central Oahu Regional Park offers tennis programs for all ages. For programs visit <http://www.hawaiiitennis.org/CORP/programs/shtml>. For CORP Tennis Complex information visit www.hawaiiitennis.org. Click on C.O.R.P Tennis Complex tab for driving directions. For more information, call 677-1334.

324th denies 735th in volleyball action

By Senior Airman
Patrick Haney
Kukini Sports Writer

Volleyball was in the air on Monday night, both literally and figuratively, as the 735th Air Mobility Squadron went head to head against the 324th Intelligence Squadron.

The first game stayed close as the two teams played to an early 3-3 tie. The 735th AMS then went on a three-point run, with the help of a great diving dig by Michael Fletcher, to make the score 6-3 in favor of the 735th AMS.

The game stayed very close the rest of the way until the score was 21-18 in favor of the 735th AMS.

At this point the 324th IS started to put some pressure on their opponents.

Joseph Johnson made five straight good serves and the 324th IS pulled ahead 23-21.

Rasheed Bellamy, 735th AMS coach, sensed a momentum swing and quickly called timeout to regroup his players. After the timeout the 324th IS won two quick points and the game with a final score of 25-21.

Game two was a chance for the 735th AMS to even the match but the 324th IS wanted to make sure that didn't happen. They took a commanding 6-2 lead early and led 10-5 and then 12-7.

The 735th AMS then inched their way back into the game and pulled the score to 20-19 in favor of the 324th IS.

The momentum had shifted towards the 735th AMS and they were poised to take the lead in the game until the next point when Mike Kistner, 324th IS, made a terrific block on an attempted spike by the 735th AMS.

The 324th IS would not falter the rest of the way and took the game 25-19 and the match 2-0.

Michael Kormos, 324th IS, was happy with his team's win.

"Overall we played well considering the minimal practice that we have had," he said.

He also shared that his team thought the games were over at the 15th point.

"We thought the first game was over and that the 735th AMS had won," he explained.



Photos by Tech. Sgt. Andrew Leonhard
Mike Kormos (left), 324th Intelligence Squadron, jumps at an attempt to block the spike from Mike Moore, 735th Air Mobility Squadron, as Louann Johnson looks on.



Aaron Duffy, 324th IS, sends a spike over the net against 735th opponents Monday night at the gym.



Mike Moore, 735th AMS, gets a spike past 324th's Mike Kormos, during game two of the three game match. The Intel team swept past the 735th 2-0, winning the first game 25-21 and the second game 25-19.



Mike Kistner, 324th IS, bumps the ball to other teammates during intramural volleyball action at the Hickam fitness center Monday night.

Color diet with fruits, vegetables

With seasonal fruits and vegetables filling produce stands, it’s the perfect time to give your health a bright and vivid multi-hued boost.

Coloring your daily diet with bight oranges, deep reds, dark greens, blues and purples, and accenting it with yellows is key, according to Gloria Stables, M.S., R.D., director for the national Cancer Institute’s 5 A Day Program.

“A good rule to live by is to sample the spectrum of colors,” Ms. Stables said. “The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are getting form your fruit and vegetable choices.”

Nutrition research shows that colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that help prevent diseases such as cancer, promote health and help you feel great. Here are the specifics...



Reds:
When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and



pink grapefruit, watermelon and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

Greens:
Not only do vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy.

For example, the carotenoids-lutein and zeaxanthin that are found in spinach, collards, kale and broccoli have antioxidant properties that protect your eyes by keeping your retina strong.

Also, research shows that green cruciferous vegetables (like cabbage, brussel sprouts, cauliflower, kale and turnips) may reduce the risk of cancerous tumors!



Blues, purples:
Blues and purples add health-enhancing flavonoids, phytochemicals, and antioxidants to your diet. Anthocyanins, a phytochemical, are pigments responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are rich in Vitamin C an folic acid and high in fiber and potassium.

Oranges:
Orange is a mush-have color in your daily diet. Orange fruits and vegetables, such as sweet potatoes, mangos, carrots, and apricots, include beta carotene. This carotenoid is a natural antioxidant and enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E.

Folate, most often found in leafy greens, is also found in orange fruits and vegetables and is a vitamin B that may help prevent some birth defects.



Yellows:
Bright yellow have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with

Vitamin C, manganese, and the natural enzyme, bromelain.

Bromelain is great to add to a meal to aid in digestion and reduce bloating. Additionally, corn and pears are high in fiber.



Whites:
Garlic, onions, and leeks may be lacking in color, but they’re bursting with powerful phytochemicals-substances found only in plants-which help your body fight disease and promote good health.

The national Cancer Institute recommends flavoring salads, sandwiches, and main dishes with garlic, onions, and/or leeks as part of your recommended five to nine servings of fruits and vegetables a day.

Savor the spectrum of the season:
By putting something of every color on you plate or in your lunch bag, you are more likely to eat at least five servings of fruits and vegetables every day.

Recipes, other ideas:
For more recipes and ideas on how to color your daily diet with fruits and vegetables, visit the 5 A Day web site at www.5aday.gov.
(Information courtesy of nutrition.gov)

Hickam Heritage

Fran Tokairin
15th Airlift Wing

Mrs. Tokairin's first federal job was on Pearl Harbor in 1980, she transferred to Hickam in January 1981. She also worked for the state from 1969 to 1980.

During your nearly 25 years working for the Department of Defense what has been your favorite job and/or time period and why?

My favorite job, of course, is my present job as the focal point for all aspects of the wing commander's and vice commander's schedules and calendars. There are many details to be worked for the events and meetings with military, business, and community leaders. It keeps me busy all day trying to fit events into the calendar and being flexible with changes as they occur. Every day it's details, details, details. I enjoy my job working with terrific bosses who support me and being surrounded by a wing staff providing excellent support.

You've worked on Hickam since the early 80s. What has been the biggest change you've seen and what type of impact do you think it made to the base?

The biggest change has been the appearance of the base itself. We cannot change the historical aspect of our cam-

pus, but I have seen how we have grown in leaps and bounds, along with beautification efforts. We should not take for granted the green grass, shady trees, historical buildings, and the planning that is ongoing to keep Hickam beautiful. As soon as you enter the base, you can see that pride.

Tell us something about your job that no one would know.

It's still a secret!

What do you enjoy doing in your off time?

I like to read anything, even read the warning labels on aspirin bottles! Relax by watching television, anything on the Food Network, Discovery and History Channel. Love to play with my pet cockatiel, Tiki, who appreciates my coming home everyday.

Is there anything you would like to say to the readership? *(Fran's words of wisdom)*

Be flexible, be humble, have fun, enjoy the job. Flexibility is the key to a rewarding job.



Fran Tokairin reviews calendar events with Col. Bill "Goose" Changose, 15th Airlift Wing commander.

Photo by Tech Sgt. Andrew Leonhard



Courtesy photo

Fran Tokairin (front row, left) poses with her 15th Air Base Wing plans and programs office members in 1988 at Hickam Beach. It was the last XPI group photo recalled Mrs. Tokairin.

AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday and Saturday, 7 p.m.

FEVER PITCH - When Lindsey a big time executive meets funny and charming high school teacher Ben they hit it off until Lindsey realizes Ben is a Red Sox fan. As baseball season proceeds, the truly obsessive nature of Ben's hobby is revealed, and a love triangle is set up in which baseball plays the role of the other woman. Lindsey's feelings for Ben are put to the test again and again as his love for the game threatens to outweigh his feelings for her. Starring Drew Barrymore, Jimmy Fallon. Rated PG-13 (crude and sexual humor, and some sensuality) 107 min.

Sunday, 7 p.m.

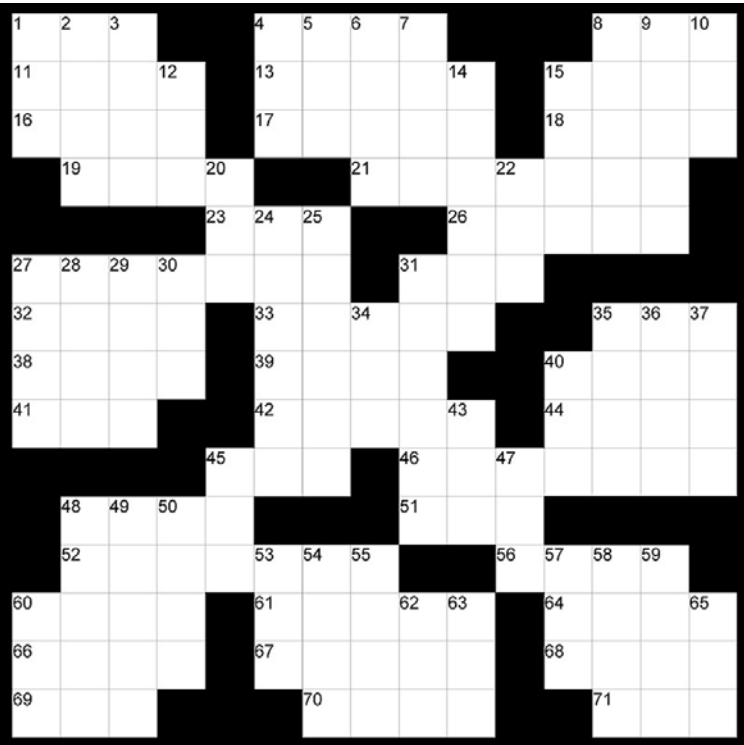
THE UPSIDE OF ANGER - Terry is left to raise her four headstrong daughters when her husband unexpectedly disappears. Things get even more hectic when she falls for her neighbor Denny, a once-great baseball star turned radio D.J. This leaves her daughte's out on a limb, they are forced to juggle their mom's romantic dilemmas as well as their own. Starring Joan Allen, Kevin Costner. Rated R (language, sexual situations, brief comic violence and some drug use)

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

1. NYC time zone
4. Cult
8. Iron or Bronze
11. Momentous
13. Esau and Jacob's dad
15. Glop
16. Avenue
17. Phonetic "D"
18. Coffee grounds
19. E-4
21. F-16 Fighting ____
23. Nile snake
26. Greek letters
27. A-10 ____bolt II
31. Mole
32. Part in a play
33. NAF for CENTCOM
35. Dads
38. Actress Heche
39. Former Russian ruler
40. Something to hail
41. Tiger's org.
42. Bird
44. Kitchen item
45. Writer Rand
46. Place for MWDs
48. Cheese type
51. Greek letter
52. B-1s
56. Phonetic "P"
60. EC-130 Commando ____
61. Harvests
64. F-117 Night____
66. Ajar
67. F-15

68. Lotion ingredient
 69. Affirmative
 70. Yucatan Indian
 71. Tarzan Ron
- #### DOWN
1. Snakelike fish
 2. Bridge
 3. Singer Turner
 4. Comedian Caesar
 5. Compass dir.
 6. Baby cow
 7. Goodbye, in a manner
 8. Stadium
 9. Estimate
 10. Actors Norton and Harris
 12. Co. head
 14. Sultan
 15. Congeal
 20. Boor
 22. Coquettish
 24. E-3
 25. Jail
 27. Snare
 28. ____ Kong
 29. Arm bone
 30. Identifies maiden name
 31. F-15E ____ (67 ACROSS)
 34. Capture
 35. HH-60 ____ Hawk
 36. Figure skating jump
 37. Offenses
 40. 2,000 lbs
 43. Clear, as in money
 45. USAF MAJCOM for airlift
 47. Quick rest



- | | |
|----------------------------|----------------------------------|
| 48. Wed in a hurry | 58. Drab |
| 49. Canyons | 59. Mil. UCMJ punishable absence |
| 50. Soon | 60. Tofu base |
| 53. Before, in Old English | 62. Use |
| 54. Drill a hole | 63. Ocean segment |
| 55. Huge story | 65. Critical |
| 57. Cry of discovery | |

Team Hickam History: The Air Force’s most historic airfield

May 22, 1951 – Paving was completed on a project for widening Hickam's Taxiway “Charlie,” and the combined Hickam-Honolulu Airport runway was formally opened to traffic. Runway 8-26 then became the longest airstrip (13,100 feet) in the Hawaiian islands.

May 22, 1969 – Hickam AFB officials held groundbreaking cere-



monies for the new \$1,807,051 Main Base Exchange Shopping Center Complex.

May 23, 1984 — The Federal Aviation Administration's new Honolulu Tower opened on land that was formerly part of Hickam AFB.

May 21, 1988 – The B-1B highlighted the static aircraft display at Hickam's Armed Forces Day obser-

vance, which drew a record crowd estimated at over 45,000 people.

May 24, 1991 – The 25th Air Liaison Squadron was reassigned to the 6010th Aerospace Defense Group (AERODG) for administrative and operational control, and attached to the 15th Air Base Wing for logistical support.

May 24, 1993 – Lt Gen John S. Fairfield arrived in Hawaii to assume duty as the

new PACAF Vice Commander.

May 26, 1993 – The PACAF NCO Academy-Hawaii became the Hickam NCO Academy and was assigned to the 15th Support Group.

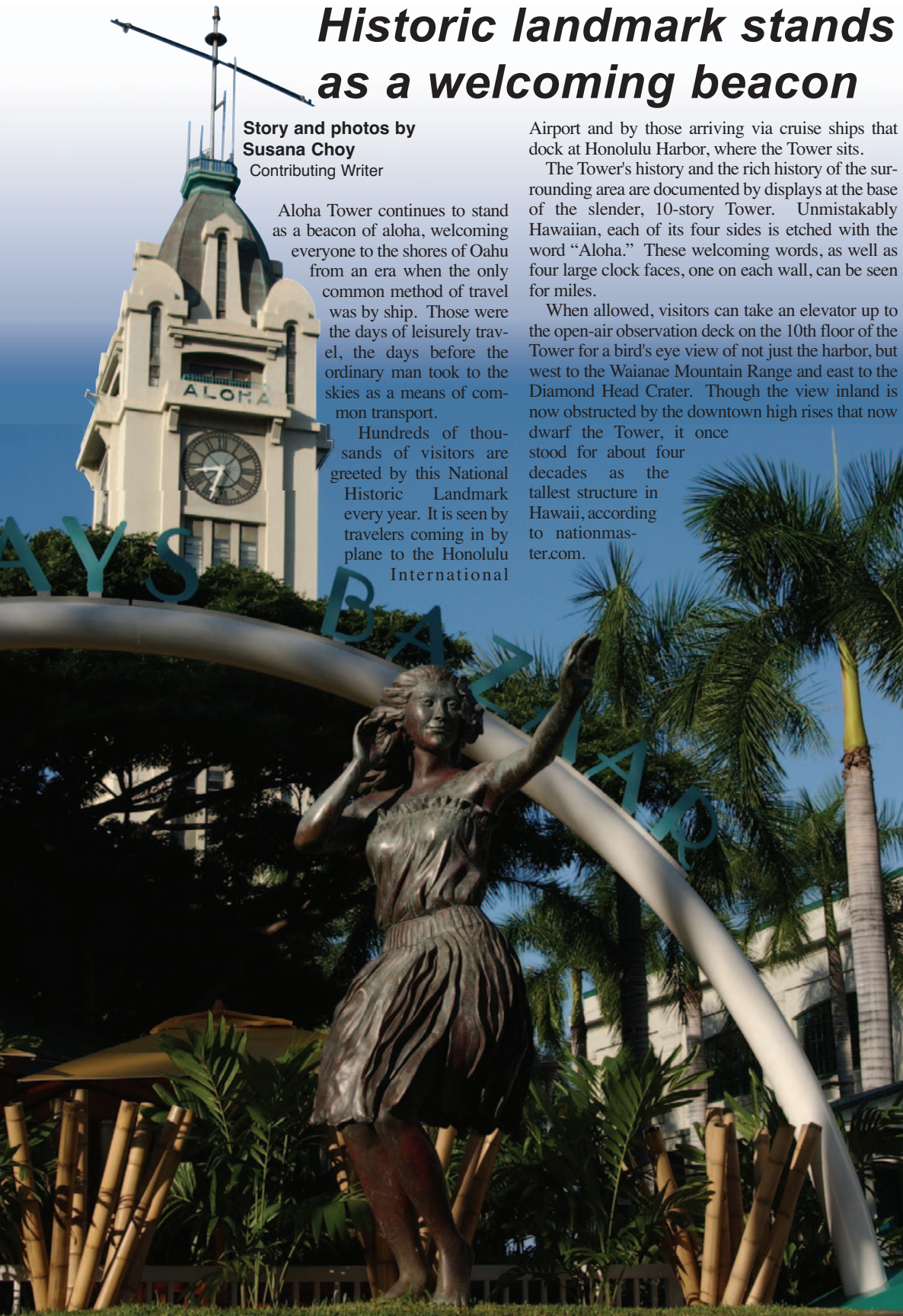
May 26, 1994 – The 15th Air Base Wing supported the State of Hawaii's annual hurricane disaster exercise "Makani Pahili '94."

May 21, 2001 – The movie “Pearl Harbor” opened aboard the USS

John C. Stennis at Pearl Harbor, attended by Pearl Harbor survivors.

May 24, 2002 – The 15th AW unveiled the dramatic statue, “Kalani I Ka Lewa,” depicting a young Ali'i (chief) releasing an eagle into the heavens. According to the artist, Viliami Toluta'u (of Tonga), the statue symbolizes the potential of children to soar high in life with education as their wings. The statue was fittingly placed in front of Hickam Elementary School.

Aloha Tower Marketplace



Historic landmark stands as a welcoming beacon

Story and photos by
Susana Choy
Contributing Writer

Aloha Tower continues to stand as a beacon of aloha, welcoming everyone to the shores of Oahu from an era when the only common method of travel was by ship. Those were the days of leisurely travel, the days before the ordinary man took to the skies as a means of common transport.

Hundreds of thousands of visitors are greeted by this National Historic Landmark every year. It is seen by travelers coming in by plane to the Honolulu International

Airport and by those arriving via cruise ships that dock at Honolulu Harbor, where the Tower sits.

The Tower's history and the rich history of the surrounding area are documented by displays at the base of the slender, 10-story Tower. Unmistakably Hawaiian, each of its four sides is etched with the word “Aloha.” These welcoming words, as well as four large clock faces, one on each wall, can be seen for miles.

When allowed, visitors can take an elevator up to the open-air observation deck on the 10th floor of the Tower for a bird's eye view of not just the harbor, but west to the Waianae Mountain Range and east to the Diamond Head Crater. Though the view inland is now obstructed by the downtown high rises that now dwarf the Tower, it once stood for about four decades as the tallest structure in Hawaii, according to nationmaster.com.

Just next door to the Tower, and part of the Aloha Tower complex, resides The Falls of Clyde. This vessel was rescued from destruction and fully-restored in the mid '60s and is the world's only surviving four-masted, full-rigged ship, according to the Honolulu Star-Bulletin. She was built in 1878 for worldwide trade and sailed briefly under the Hawaiian flag. In 1963, she almost saw her end as part of the breakwater off the coast of Vancouver, British Columbia, before interest and funds were raised to bring her to Hawaii for restoration. The Falls of Clyde is now docked just outside the Hawaii Maritime Center. Visitors are invited to walk the decks of this National Historic Landmark as well as tour the ocean museum daily.

Immediately surrounding the Tower is the Aloha Tower Marketplace - home to a collection of almost 60 shops and about 20 eateries - where throngs of tourists intermingle with residents and stroll through its myriad shops daily, searching for the perfectly unusual gift or Hawaiian-inspired souvenir. One little girl, drawn by the grunts of a bright orange pig, complete with a quivering snout and curly tail, seemed to have found herself a new friend, as she stood mesmerized before racing around the corner to tell her family of her wondrous discovery.

Shopping can be a tiring task. So, after a period of serious shopping or even just browsing, local and foreign visitors are often found eating, having finally succumbed to one of the many deliciously tantalizing scents that can be caught wafting through the air. Here, the aroma of perfectly seared steaks, garlic French fries, or freshly sautéed ahi is not unusual anytime of the day or night - as many can attest to their popularity. However, the icy, cool sweetness of a shave ice on a hot Hawaiian day is hard to beat.

A number of the outside tables are interestingly decorated with images touting a bygone era. They, as well as a number of benches, are scattered throughout the complex for the convenience and comfort of visitors.

“I like it here. It's cool. It's a good place to have a drink, relax, and if you're lucky, maybe even meet members of the opposite sex,” said Charles Ridley, a Honolulu native.

Also sprinkled throughout the Marketplace are a number of strategically-placed statues that seem to invite passersby to sit and enjoy the moment or pull out their cameras and snap a Hawaiian memento.

Local musicians can be heard nightly at the Marketplace, catering to the crowds. Easily recognized songs, from local favorites such as “Home in the Islands” and “Stand in the Light” to old rock staples such as “Hotel California” and “Sweet Home Alabama,” are sung with an easy familiarity to bobbing heads and tapping feet. Often, the audience participates and the entertainers are called back on stage local-style with cries “hana hou,” or again, in Hawaiian.

The gentle flickering of gas torches and strings of carefully hung lights illuminate the many shops and restaurants during the evenings, adding to the tropical atmosphere of the Marketplace.

“There is a beautiful, open atmosphere here. It feels like you're in a nice resort area where you there's no crime about,” said JoAnne Bugler, visiting with her husband from London, Ontario, Canada. “We don't know if we'll be able to come back but we'd love to,” she said regretfully.

In addition to nightly entertainment, the Marketplace also features hula shows during Aloha Boat Days, free ukulele lessons, and even baby stroller-based strength training and cardio exercising classes for moms and babies. Check the entertainment schedule at www.alohatower.com/ for more events.

The Aloha Tower Marketplace is a convenient getaway located just 20 minutes away from Hickam's Main Gate. Though valet service is available, self-parking is plentiful and all stores and restaurants validate. For more information, call 528-5700 or visit www.alohatower.com.

Centrally located in Downtown Honolulu, the Aloha Tower has aged very gracefully and managed to grow and prosper. It continues to draw visitors with it's well maintained grounds and wide variety of shops, restaurants and entertainment.



Above: Entertainers can be heard at any number of stages at the Aloha Tower Marketplace. Right: Curious and beguiling statues can be found in unexpected places around the marketplace, inviting visitors to stop and take out their cameras for a Hawaiian memento.



Capt. David Novy


Pacific Air Forces

Hickam

Heroes

Tech. Sgt. Timothy Tart

15th Civil Engineer Squadron



The PACAF Civil Engineer Directorate rocks because: It is a remarkable group of extremely talented people. I am constantly amazed by the quality of the people I work with.

My job affects all of Hickam in that: The Geo Integration Branch directly supports the installation with aerial imagery, mapping resources, and geospatial database services. The products we develop with the 15th CES are used by strategic decision makers, comprehensive planners, and emergency responders.


When not at work, I spend my off duty time: Enjoying everything Hawaii has to offer: great weather, restaurants, hiking, snorkeling, and entertainment.

Something people don't know about the PACAF Civil Engineer Directorate: 25 percent of the officers on staff are state-licensed professional engineers -- that's more than three times the Air Force average for the civil engineer career field.

If I could change anything about Hickam, it would be: I've never had a bad assignment, but this one is by far the best. I can't think of anything to change.

What his supervisor says: Capt. Novy is the kind of young officer that makes you feel real good about the future of our Air Force. A technical expert when it come to geographic information systems, an outstanding leader when it comes to taking care of his airman and getting the mission done but moreover a great young man...active in the military and civilian communities. He's my hero everyday...but I'm proud he's Hickams hero this week!

Col. Steve Hoarn, PACAF



The 15th CES Explosive Ordnance Disposal Flight rocks because: We're proud to Serve & Ready to Fight - hoah!

My job affects all of Hickam in that: protecting personnel and property from explosive hazards is our main responsibility.

When not at work, I spend my off duty time: sightseeing with my family, fishing, and playing video games.

Something people don't know about the 15th CES EOD Flight: is that we support Joint POW/MIA Accounting Commnad missions and to recover a MIA and help bring closure to their family is a great honor.

If I could change anything about Hickam, it would be: Build a Parent - Toddler exercise room in the gym for parents with small children. Daycare is expensive and getting a baby sitter for a few hours everyday is an unnecessary inconvenience.

What his supervisor says: Tim is an outstanding NCO in every regard. He is my go to operations NCO who literally keeps the EOD Flight running like a well oiled machine. With half of our flight TDY or deployed around the globe, Tim is able to effectively plan, schedule, and coordinate our day-to-day taskings to ensure we provide world class EOD services to Team Hickam and all other Air Force assets in the Hawaiian Islands.

Master Sgt. Mark Trice, 15th CES

Crossword puzzle solution

E	S	T		S	E	C	T			A	G	E		
E	P	I	C		I	S	A	A	C		C	R	U	D
L	A	N	E		D	E	L	T	A		L	E	E	S
	N	A	O	C			F	A	L	C	O	N	S	
			A	S	P			I	O	T	A	S		
T	H	U	N	D	E	R		S	P	Y				
R	O	L	E		N	I	N	T	H		P	A	S	
A	N	N	E		T	S	A	R			T	A	X	I
P	G	A			R	O	B	I	N		O	V	E	N
			A	Y	N			K	E	N	N	E	L	S
	E	D	A	M				E	T	A				
	L	A	N	C	E	R	S			P	A	P	A	
S	O	L	O		R	E	A	P	S		H	A	W	K
O	P	E	N		E	A	G	L	E		A	L	O	E
Y	E	S			M	A	Y	A			E	L	Y	

CHAPEL				
<i>Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.</i>				
PROTESTANT	JEWISH	CATHOLIC	ISLAMIC	BUDDHIST
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Friday Congregational	Honpa Hongwanji Hawaii
Sunday Contemporary	Pearl Harbor	Weekday Mass	Service	Betsuin A Shin
Service 8:30 a.m.	473-0050	11:30 a.m.	(1935 Aleo Place,	Buddhist Temple
Sunday Gospel Worship	Jewish Lay Leader	Saturday Confessions	Punahou)	536-7044
11:15 a.m.	Mr. David Bender	4:15 p.m.	1 p.m.	
Sunday Praise Gathering	527-5877	Saturday Mass 5 p.m.	Muslim Association	ORTHODOX
5:30 p.m.	Naval Station Chapel	Chapel Center	of Hawaii	For more information,
Chapel Center	473-3971	Sunday Mass 10 a.m.	947-6263	call 438-6687
Sunday Traditional				
8:30 a.m.				